

**Southeast Senior Services operates
the following community centers:**

- Aangoon Shu Senior Center
788-3804
- Craig/Klawock Senior Center
755-2224
- Douglas Senior Center
364-3161
- Haines/Klukwan Senior Center
766-2383
- Hoonah Senior Center
945-3350
- Hydaburg Senior Center
285-3742
- Juneau Senior Center
463-6175
- Kake Senior Center
785-3172
- Ketchikan/Saxman Senior Center
225-6575
- Swan Lake (Sitka) Senior Center
747-8617
- Skagway Senior Center
983-3664
- Valley Senior Center
789-9508
- Wrangell Senior Center
874-2066
- Yakutat Senior Center
784-3468



The Senior Information & Caregiver Resource Center

*"We're the place to start when
you don't know where to go."*

463-6177 (Juneau) or

1-866-746-6177 (toll-free)

email: seniorinfo@gci.net

website: www.ccsjuneau.org

With just one phone call

to our office, we can help seniors and
those caring for them find information,
support, assistance with forms, and
referrals as needed.



This agency receives partial funding from the
Alaska Division of Senior and Disabilities



Services

Southeast Senior Services



*Dedicated to
helping elders stay
healthy, safe and
live as independently
as possible.*

463-6192

Helping Senior Citizens

Southeast Senior Services (SESS) offers:

- **Care Coordination, Case Management, and Service Coordination** is available for seniors who are frail or who experience physical disabilities, medical problems, Alzheimer's or related disorders.
- **Door-to-Door Transportation** for seniors and persons with disabilities is provided by our courteous drivers certified in Defensive Driving and Passenger Assistance Techniques.
- **Family Caregiver Support** is available through our Caregiver Resource Center and our network of senior centers. Information and referral, assistance with benefits, helpful resources, and more!

- **The Bridge Adult Day Program** offers a place for elders to be with friends and caring staff during the day when it is not in their best interest to stay home alone. The program offers a wide variety of activities and personal care.
- **The Senior Nutrition Program**, including meals with friends at the senior centers and home delivered meals for those unable to attend, provides hot, nutritious meals for persons age 60 or over. Call your local senior center for details.
- **In-Home Counseling** is provided by our Licensed Professional Counselor for seniors and their loved ones who care for them.



Programs offered by Southeast Senior Services include the

- Senior Information & Caregiver Resource Center
463-6177 or toll-free at
1-866-746-6177
- Senior and Family Caregiver Counseling Program
463-6163
- Bridge Adult Day Program
463-6171
- Gatekeeper Program
463-6177
- Care-A-Van Transportation
463-6194 or your local senior center
- Care Coordination (Juneau office) serving Angoon, Hoonah, Juneau and Yakutat
463-6195
- Care Coordination (Ketchikan office) serving Ketchikan, Metlakatla and Saxman
225-8080